

**BERNARD P. CARVALHO JR.**  
Mayor



**WALLACE G. REZENTES JR.**  
Managing Director

COUNTY OF KAUAI

**DEPARTMENT OF PARKS & RECREATION**

**News Release**

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**Online registration for Ninth annual Mayor-a-thon starts June 1**

KAPA'A – The public is invited to participate in the Ninth annual Mayor-a-thon scheduled on Saturday, June 24 at the Kapa'a Beach Park.

Online pre-registration begins on June 1 at [www.getfitkauai.com](http://www.getfitkauai.com) and closes on June 23 at noon. The first 500 to pre-register will receive a free T-shirt and a GEICO water bottle. All participants will receive a free cinch bag from Kaiser Permanente, the main sponsor of this event.

Participants can walk, run or bike one, two, four, six or eight miles on *Ke Ala Hele Makalae*, the multi-use path. Dogs on leashes are welcome.

Check-in begins at 6:30 a.m., warm-up is at 7 a.m. and the event starts at 7:15 a.m.

"Hundreds of residents and visitors join us for this fun event every year," said Bev Brody, director of Get Fit Kauai. "It's free, you get to exercise, enjoy a healthy breakfast, and a chance to win great prizes!"

Mayor Bernard Carvalho Jr. echoed Brody sentiment.

"It's so wonderful to see many of our ohana as well as visitors enjoying themselves at this event, which has all of the elements of good, clean fun. I invite everyone to join us for this celebration of healthy living," said the mayor.

Over \$10,000 in prizes will be given away including hotel stays, bicycles and more. The grand prize is a two-night stay at the Kaua'i Marriott Resort and Beach Club."

You must pre-register and be present to win prizes.

A Healthy Food Drive is also part of the event with proceeds going to the Kaua'i Independent Food Bank and The Hawai'i Food Bank – Kaua'i Branch.

Suggested items to donate include: canned fruits and vegetables; brown or hapa rice; whole grains; dried beans and lentils; canned low sodium meat; or shelf stable milk with calcium. For more ideas, you can download the Healthy Food Drive flyer at [www.getfitkauai.com](http://www.getfitkauai.com).

As the Mayor-a-thon is a Zero Waste event, participants should bring their own water bottles or pick up a free bottle provided by GEICO at the event.

Free bus service will be provided for participants. Pick-up locations and times for the Westside are scheduled as follows:

- Kekaha Neighborhood Center – 5:30 a.m.
- Waimea Athletic Field – 5:35 a.m.
- Hanapēpē Multi-Purpose Building – 5:45 a.m.
- Kalāheo Post Office – 5:55 a.m.
- Kukui Grove Center – 6:10 a.m.
- Return trip from the Kapa'a Public Library – 10:15 a.m.

The North Shore pick-up locations and times are as follows:

- Old Hanalei Courthouse – 5:30 a.m.
- Princeville Shopping Center – 5:35 a.m.
- Anaina Hou – 5:45 a.m.
- Anahola Post Office – 5:55 a.m.

The Mayor-a-thon is sponsored by Get Fit Kaua'i, Kaiser Permanente, HMSA, Hawai'i Public Health Institute, and the County of Kaua'i.

If you need an ASL interpreter, materials in an alternate format, or other auxiliary aid support, please contact Brody at 212-4765 or [bbrody1@hawaii.rr.com](mailto:bbrody1@hawaii.rr.com) at least 10 days before the event.

